

**Rochester Recreation Center
American Red Cross
Water Safety Instructor Course
April 8-9-10
April 15-16-17
2016**

The Rochester Recreation Center is teaching a Water Safety Instructor (WSI) course. Students who successfully complete the course will be able to teach American Red Cross swimming lessons. Please review the following details if you are interested in becoming a WSI.

PREREQUISITES:

- 16 years of age by the end of the course. Proof of your age (such as a valid driver's license) is required on the first day of class.
- Successful completion of the pre-course swimming skills test.

Pre-course skills test: You must demonstrate swimming skills consistent with the stroke performance chart (WSI manual Appendix B) for Level 4:

1. Front Crawl 25 yards
2. Back Crawl 25 yards
3. Breast Stroke 25 Yards
4. Elementary Backstroke 25 yards
5. Sidestroke 25 yards
6. Butterfly 15 yards
7. Maintain position on back for one minute in deep water (float or scull)
8. Tread water for one minute

CLASS FEE - \$225.00. This fee includes the American Red Cross instructor manual. Call the Recreation Center office (21 Elton Hills Drive NW) at 507-328-2500 or stop by the office to register. Visa, Discover and MasterCard are accepted. Class size is limited.

CERTIFICATION REQUIREMENTS: You will have reading and written assignments each day of the class. Candidates must successfully complete four practice teaching assignments and score at least 80% on a 50 question written exam.

DATES, TIMES, AND LOCATIONS:

ATTENDANCE AT ALL CLASS SESSIONS IS MANDATORY

Pool and Classroom Sessions

MEET IN THE BOB FICK ROOM ON FRIDAY, APRIL 8TH AT 6:00 P.M.

Friday, April 8 – 6:00 p.m. – 9:00 p.m.; Saturday, April 9 – 8:30 a.m.-3:30 p.m.; Sunday, April 10 – 10:00 a.m.-4:00 p.m.; Friday, April 15 – 6:00 p.m. – 9:00 p.m.; Saturday, April 16 – 8:30 a.m. - 3:30 p.m.; and Sunday, April 17 – 10:00 a.m. – 4:00 p.m.